

What is claimed is:

1. A system for adjustably positioning at least two body zones of a person relative to a base surface on which the person is resting, the system
5 comprising at least two adjustable sections, each adjustable section having a non-remote, individually adjustable mechanism for adjusting the elevation of the section.
2. The system of claim 1, wherein the each adjustable section is adjustable mechanically, pneumatically, or hydraulically.
3. The system of claim 1, wherein each of the at least two
10 adjustable sections comprises an adjustable member positioned between an upper non-adjustable cushioned element and a lower non-adjustable cushioned element.
4. The system of claim 3, wherein the adjustable member comprises an inflatable/deflatable bladder.
5. The system of claim 4, wherein the non-remote, individually
15 adjustable mechanism comprises a valve mounted on an outer surface of the inflatable/deflatable bladder.
6. The system of claim 5, further comprising a length of extension tubing attached to the valve, the extension tubing adapted to interface with a pump or other inflation mechanism for inflating the inflatable section.
7. The system of claim 4, further comprising an outer enclosure
20 comprising a pocket having an opening, the outer enclosure adapted to surround the upper non-adjustable cushioned element, the lower non-adjustable cushioned element, and the inflatable/deflatable bladder.
8. The system of claim 7, wherein the outer enclosure, the upper
25 non-adjustable cushioned element, and the lower non-adjustable cushioned element comprise an integral unit.
9. The system of claim 8, wherein the integral unit comprises a fabric comprising non-adjustable cushioned material bonded between the outer

enclosure and an inner lining, the fabric formed into a pocket to receive the inflatable/deflatable bladder.

10. The system of claim 7, further comprising a fastener for closing the opening.

5 11. The system of claim 10, wherein fastener for closing the opening is selected from a group consisting of: zippers, microhook/microloop fasteners, snaps, buttons, and a combination thereof.

10 12. The system of claim 1, wherein one of the at least two body zones comprises an upper arm/shoulder body zone and another of the at least two body zones is selected from the group consisting of: a head/neck body zone and a thigh/upper leg/hip/lower back body zone.

13. The system of claim 1, wherein each of the at least two sections comprises an individual module.

15 14. The system of claim 1, wherein each of the at least two sections comprises an adjustable pillow or a section thereof.

15. The system of claim 1, comprising at least one pillow having two or more independently adjustable sections.

16. The system of claim 1, comprising a plurality of pillows, one pillow for each body zone.

20 17. The system of claim 1, wherein the system provides customized spinal alignment for the person.

18. The system of claim 1, wherein each section is adjustable to provide an elevation relative to the base surface sufficient to position the respective body zone in a physiologically neutral position.

25 19. The system of claim 1, wherein the physiologically neutral position is a position that optimally minimizes pressure points and musculoskeletal stress.

20. The system of claim 4, further comprising a hand pump for inflating the inflatable bladder.

21. The system of claim 1, wherein each of the at least two sections are attachable to one another.

5 22. The system of claim 1 further comprising at least one outer casing for covering the system or a portion thereof and providing a contact surface for contact with the person, the casing comprising a fabric that is moisture-wicking, heat-normalizing, or a combination thereof.

10 23. The system of claim 13, further comprising a pillowcase for each pillow, each pillowcase comprising a fabric that is moisture-wicking, heat-normalizing, or a combination thereof.

24. The system of claim 13, wherein each pillow is adapted to be attachable to and detachable from at least one other pillow in the system.

15 25. The system of claim 1, wherein the system is adapted to support the at least two body zones of the person while the person is resting on his or her side.

26. The system of claim 1, wherein the system is adapted to support the at least two body zones of the person while the person is resting on his or her back.

20 27. The system of claim 1, wherein the non-remote, individually adjustable mechanism comprises one or more stackable members or inserts.

28. The system of claim 27, comprising a plurality of inserts or stackable members having an equal thickness.

25 29. The system of claim 27, comprising at least two inserts or stackable members having different thicknesses.

30. The system of claim 27, wherein the inserts or stackable members comprise a material of construction selected from a group consisting of: foam, batting, air-inflated members, liquid-filled members, gel-filled members, and solids-filled members.

31. The system of claim 27, wherein the non-remote, individually adjustable mechanism further comprises an opening in a non-cushioned casing into which the inserts are adapted to be inserted.

5 32. The system of claim 27, the non-remote, individually adjustable mechanism further comprises an opening in a cushioned casing into which the inserts are adapted to be inserted.

33. The system of claim 32, wherein the inserts or stackable members comprise members having a relatively hard outer surface.

10 34. The system of claim 4, wherein the non-remote, individually adjustable mechanism comprises a valve mounted on an extension in communication with an interior of the inflatable/deflatable bladder.

15 35. The system of claim 34, further comprising an outer enclosure comprising a pocket having an opening, the outer enclosure adapted to surround the upper non-adjustable cushioned element, the lower non-adjustable cushioned element, and the inflatable/deflatable bladder, wherein the valve is accessible from an outer surface of the outer enclosure and the outer enclosure is not adapted to allow access to the inflatable/deflatable bladder.

20 36. A system for adjustably positioning a head/neck body zone, an upper arm/shoulder body zone, and a thigh/upper leg/hip/lower back body zone of a person relative to a base surface in respective positions chosen to minimize pressure points and musculoskeletal stress during rest on the person's side, the system comprising:

a first inflatable/deflatable pillow for supporting the head/neck body zone;

25 a second inflatable/deflatable pillow for supporting a top arm in the upper arm body zone; and

a third inflatable/deflatable pillow for insertion between a bottom leg and a top leg for supporting the top leg in the thigh/upper leg/hip/lower back body zone;

each pillow comprising an inflatable/deflatable bladder positioned between an upper non-adjustable cushioned element and a lower non-adjustable cushioned element.

37. A method of promoting sound rest in a person resting on his or her side on a base surface, the method comprising the steps of:

(a) providing a first support for adjustably positioning a head/neck body zone of the person in an elevated first position relative to the base surface;

(b) providing an second support for adjustably positioning an arm body zone of the person in an elevated second position relative to the base surface;

10 (c) providing a third support adapted for adjustably positioning a leg body zone of the person in an elevated third position relative to the base surface;

(d) providing a non-remote, individually adjustable mechanism for adjusting the elevation of the section; and

15 (e) adjusting the first support, the second support, and the third support to customize the first position, the second position, and the third position, respectively, to personal attributes of the person to minimize pressure points and musculoskeletal stress during rest.

38. The method of claim 37, wherein the first support, the second support, and the third support each comprise inflatable/deflatable pillows, and step
20 (e) comprises inflating and/or deflating the pillows to attain the customized positions.

39. The method of claim 37, comprising adjusting the first support, the second support, and the third support to accommodate the person resting on his or her side, placing the first support underneath a head/neck of the person, placing
25 the second support alongside torso of the person to elevate a top arm of the person, and placing third support between an top leg and a bottom leg of the person.

40. The method of claim 37, comprising adjusting the first support, the second support, and the third support to accommodate the person resting on his or her back, placing the first support beneath a head/neck of the person, placing the
30 second support alongside a torso or atop a chest or belly of the person to elevate

one or both arms of the person, and placing the third support underneath one or both knees of the person.

41. The method of claim 37, wherein the first support, the second support, and the third support each comprise inserts or stackable members, and step
5 (e) comprises adding or subtracting inserts or stackable members to attain the customized positions.

42. A pillowcase, the pillowcase comprising a fabric that is moisture-wicking, heat-normalizing, or a combination thereof.

43. A system for positioning at least two body zones of a person
10 relative to a base surface on which the person is resting, the system comprising at least two discrete non-adjustable supports, each support having a different thickness.

44. The system of claim 43, wherein one of the at least two body zones comprises an upper arm/shoulder body zone and another of the at least two
15 body zones is selected from the group consisting of: a head/neck body zone and a thigh/upper leg/hip/lower back body zone.

45. The system of claim 44, wherein the system comprises a first discrete support for supporting the upper arm/shoulder body zone, a second discrete support for supporting the head/neck body zone, and a third discrete support for
20 supporting the thigh/upper leg/hip/lower back body zone.